

Parks & Recreation

H e n r y C o u n t y

Program Guide

Fall • 2015



A MESSAGE FROM THE DIRECTOR

Dear Fellow Citizens:

The Philpott Marina Group Campground is quickly becoming the favorite camping spot around Philpott Lake. We currently have a few weekends left this fall and people are starting to make reservations for 2016. Reservations can be made up to six months ahead of time for less than five nights and up to a year ahead of time if you are reserving five or more nights.

This fall program guide is packed with many fun activities for children, adults, families and seniors. For children we have fall sports, craft activities, Letters from Santa, Christmas Card Contest and much more. Our adult football and basketball leagues will once again be offered for people age 18 and over. The Great Goblin Gallop 5K race will be returning for the 18th year on October 17. Fall is a great time to be outdoors and we have plenty of opportunities for seniors to enjoy the many parks and trails that are available in our area.

Thank you for your interest in Henry County Parks & Recreation, and have fun!

Sincerely,
Roger Adams, CPRP

OFFICE INFORMATION

Henry County Parks & Recreation Office Information

Henry County Parks & Recreation is a member of the Virginia Recreation and Park Society (VRPS) and the National Recreation and Park Association (NRPA).
Henry County Parks and Recreation may be contacted, Monday - Friday 8:00am - 5:00pm at:

PO Box 7 • Collinsville, VA 24078

Phone: 276.634.4640 • Fax: 276.634.4637 • email: radams@co.henry.va.us

HENRY COUNTY PARKS & RECREATION STAFF

Roger Adams, CPRP
Director

Melissa Puckett
Senior Services Coordinator

William Flippen, CPSI
Parks Maintenance Supervisor

Eric Martin
Parks Maintenance Staff

Gary Rea
Parks Maintenance Staff

Daniel Reynolds
Recreation Programmer

Renee Wood
Office Manager

Chad Turner
Parks Maintenance Staff

Benny Luther
Parks Maintenance Staff

Officiating Opportunities

Henry County Parks and Recreation is seeking individuals to work as officials in our Youth and Adult Sports Programs. Sports include Baseball, Softball, Flag Football, Tackle Football, and Girl's and Boy's Basketball.

The pay and hours vary with each sport. Contact our office for additional information.

FITNESS & SPORT

MEN'S FLAG FOOTBALL LEAGUE

Join Henry County Parks and Recreation this fall in our Men's Adult Flag Football League. This is a great sport to get some great exercise and enjoy the beautiful fall weather. Teams will consist of up to 18 players. Games will be played at the beautiful Smith River Sports Complex in Axton. There is a maximum of 8 teams in the league. Call 634.4645 to register your team.

Time/Day: Season begins September 13th
Registration deadline: September 4th
Games will be played on Sundays
from 1:00pm - 4:00pm

Location: Smith River Sports Complex
Cost: \$385 per team (Age: 18+)

ADULT KAYAKING DAY

Join us as we team up with Smith River Outfitters and journey down the Smith River. This is a chance for anyone interested in making their way down the Smith River with a guide. We will have kayaks if you do not have your own, if you do have your own, come on out and meet some new people. For more info, call 634.4645.

Date / Time: September 26th
Location: Smith River Sports Complex
Cost: \$25 includes boat rental

GYM 24

Henry County Parks and Recreation and Gym 24 are partnering up to promote healthy lifestyles. Gym 24 offers a complete line of fitness equipment, cardio machines, free weights and classes. Please call Henry County Parks and Recreation at 276.634.4645 to find out more and start your journey to your desired fitness level.

BASKETBALL SPIRIT SQUAD

This is a Middle School cheer program for 6th, 7th and 8th grade girls. Participants learn the value of teamwork, sportsmanship and the importance of good character. Participants that register are placed on cheer squads for the 2015-2016 basketball season. Basketball cheer squads are assigned according to the number of boy's basketball teams each school has and a \$40 fee is required.

Time/Day: Registration begins October 5th
Registration deadline is November 6th
Location: Middle Schools
Cost: \$40

YOUTH GOLF

Do you want your child to learn the game of golf without having to compete on how far their drive goes or anything else like that? Would you like to see them work on their iron game and learn how to truly score around the greens? Come out to Horsepasture National Par 3 where anyone under the age of thirteen can play the Par 3 course for FREE, with a paying adult.

Time/Day: Anytime from September - November
Location: Horsepasture National Par 3
Cost: Under age 13 FREE
with a paying adult

WALKING TRAILS

Come out and enjoy some of the walking/hiking trails that Henry County has to offer. Each location offers something different.

Dick and Willie Passage Rail Trail - Martinsville
Jack Dalton Park - Collinsville
Gravelly Nature Preserve - Ridgeway
Lauren Mountain Nature Preserve - Bassett
Doe Run Wildlife Trail - Martinsville
Fieldale Walking Trail - Fieldale

YOUTH BOWLING

Looking for something to do when the weather cools off? Bring a youth bowler under the age of 18 to Sportlanes and bowl for 6 consecutive weeks and the youth bowler will receive 6 more weeks FREE. All you need to do is register with Henry County Parks and Recreation where you will receive a punch ticket. You will need to take the ticket to the bowling alley and let them verify you were there that week. Do this for 8 consecutive weeks and you will receive 8 weeks free.

Time/Days: September 1st - December 31st
Anytime
Location: Sportlanes
Cost: Bowl for 6 consecutive weeks,
receive 6 weeks free

TAKE A KID WITH YOU GOLFING

Looking for some quality time with your children? What better way to do that than on a golf course. Local golf courses around the county and city are applauding anyone who will take their children out golfing with them. With a paying adult, children can either play for free or a discounted rate (depending on age). Children 12 and under play for FREE. Children ages 12-16 play for ½ cart fee or only cart fee, depending on course.

Time/Day: Second Tuesday of the Month
Beaver Hills Golf Club, Martinsville, VA
Third Thursday of the Month,
Forest Park Country Club
Martinsville
All times start at 6:00pm.
Be sure to tell them what
brought you out.



The Philpott Marina store, campground and fueling station is now open. The hours are 7:30am until dusk. You can contact the store directly at (276) 340-0485.



"Like" us to get news on upcoming programs, athletics, classes, special events and trips.

SPECIAL EVENTS & ACTIVITIES

18TH ANNUAL GREAT GOBLIN GALLOP 5K RUN

Join us for the 18th Annual Great Goblin Gallop 5K Race at the old Druid Hills Elementary School. The course is a beautiful level loop around Lake Lanier. Refreshments and door prizes will be available. This event is sponsored by Henry County Parks & Recreation and Martinsville Parks & Recreation. Participants, dress in your best costume for a chance to win our Halloween costume contest. Race winners and costume winners receive custom Great Goblin Gallop medals.

Day/Time 9am Check-in, 10am Race Starts
Saturday, October 17th
Location: Druid Hills School Administration
Cost: Early Bird - \$20 • Race Day - \$25

HALLOWEEN TREAT BAGS

Trick-or-Treating Bags will be dispersed to Elementary School children beginning Friday, October 16th. Bags are also available in the lobby of the Henry County Administration Building. These bags list Halloween Safety Tips and also encourage our citizens to "Keep Our Community Clean & BOO-tiful".

Day/Time Available - October 16th
Location: Henry County Administration Building
Cost: Free

HALLOWEEN FESTIVAL

Come out to Jack Dalton Park on Saturday, October 31st for a Halloween celebration. The festival includes games, children and adult costume contests, a pumpkin carving contest, and of course trick-or-treating. Pre-registration is required for costume and pumpkin carving contests. Halloween bags and goodies will be provided. Call 634.4640 for more information or to pre-register for contests.

Day/Time Saturday, October 31st • 6:00pm - 10:00pm
Location: Jack Dalton Park
Cost: Free

HUNTERS SAFETY COURSE

In conjunction with the Virginia Department of Game and Inland Fisheries, Henry County Parks and Recreation is offering a Basic Online Hunters Safety Course. First time hunters are required to take the course, including all persons 12 or older who have never been issued a hunting license. Pre-registration is required. Register online at <http://www.dgif.virginia.gov/hunting/education/>. Contact Henry County Parks and Recreation at 634.4645 for more information or to learn how to register.

Day/Time Varies
Cost: Free Online Course

BOATERS SAFETY COURSE

The Virginia Department of Game and Inland Fisheries and Henry County Parks & Recreation are offering a Boater Safety Course. First time boaters are required to take the course. Pre-registration is required. Register online at <http://www.dgif.virginia.gov/>. Contact Henry County Parks and Recreation at 634.4645 for more information or to learn how to register.

HENRY COUNTY'S 7TH ANNUAL CHRISTMAS LIGHT CONTEST

Do you think your house is always the most decorative in your neighborhood around Christmas time? Are you looking for the attention that you deserve after all your hard work of putting up Christmas lights, decorations, etc.? If so, join Henry County Parks and Recreation for our 7th Annual Christmas Light Contest. First, Second and Third place winners will receive trophies and prize packages. Registration deadline is December 11th and all lights, decorations, etc. must be up and complete by December 12th.

Dates/Times Registration deadline is December 11th
Location: Henry County / Martinsville
Cost: \$10

CHRISTMAS CARD DESIGN CONTEST

Elementary, Middle, and High School Students will design Christmas cards for Henry County Parks and Recreation to send throughout the Commonwealth. The winning card will be used as the official Henry County Parks and Recreation 2015 Christmas card. There will be a winner from each school and ribbons awarded!

Time/Days: Deadline for cards:
Friday, December 4th
Location: Henry County Schools
Cost: No Fee

LETTERS FROM SANTA

Through special arrangements with Santa Claus and his Elves, children may receive a personalized letter from Santa's Workshop. Registration forms will be distributed through the Henry County Schools and will be available at the Henry County Parks & Recreation office. Forms are available beginning November 4th.

Time/Days: Deadline for forms is
Friday, December 4th
Location: North Pole - Henry County Branch
Cost: No Fee

GROUP FISHING POLE LOANER PROGRAM

In conjunction with the Virginia Department of Game and Inland Fisheries, Henry County Parks and Recreation is offering a Fishing Pole Loaner Program. Interested persons should call 634.4645 to reserve or learn more about our Group Fishing Pole Loaner Program. This program is free.

THANKSGIVING CRAFTS

Join Henry County Parks and Recreation for a Thanksgiving themed craft class. Participants will experience a fun, hands-on activity that will stimulate learning and creativity. The children will make and take home several different crafts. Children must be pre-registered for each class. Class is limited to 12 children. Contact Henry County Parks and Recreation at 634.4640 for registration information.

Day/Time Wednesday, November 25th
10:00am - 11:00am
Location: Henry County Administration Building
Cost: \$5

CHRISTMAS CRAFTS

Join Henry County Parks and Recreation for a Christmas themed craft class. Participants will experience a fun, hands-on activity that will stimulate learning and creativity. The children will make and take home different crafts. Children must be pre-registered for this class. Class is limited to 12 children. Contact Henry County Parks and Recreation at 634.4640 for registration information.

Day/Time Monday, December 21st
10:00am - 11:00am
Location: Henry County Administration Building
Cost: \$5

BASIC CAR MAINTENANCE

Join Henry County Parks and Recreation and Auto Tech for a crash course in basic car maintenance. Participants will learn how to check and change their oil, check spark plugs, rotate their tires, check car fluids, and more. Participants must pre-register by calling Henry County Parks and Recreation at 634.4640.

Day/Time: Tuesday, November 24th
5:30pm - 6:30pm
Location: Auto Tech in Martinsville, VA
Cost: \$15

CLUBS

SMITH RIVER VALLEY CANOE CLUB

Club meets to promote the year round sport of canoeing/kayaking. We offer information on equipment, skills, and river destinations. Rolling sessions are held weekly. Contact: BR Bryant at 638.4306 or email: creek1r@comcast.net. Like them on Facebook to find out more.

PATRIOT HENRY PATRIOT RC CLUB

Radio Control Model Aviators meet monthly to promote and encourage the Radio Control Model Aviation hobby. During warm weather months, the club meets at PATRIOT R/C FIELD located just beyond the Convenience Center on Jack Dalton Road. New members are always welcome! Visit the Patriot Website: www.phprc.net.

Time/Days: Second Saturday, Monthly • 12:00pm
Location: Henry County Admin. Bldg.
Patriot Flying Field
Cost: See club members for dues

HENRY COUNTY PHOTOGRAPHY CLUB

Local photographers from novice to professional meet monthly for open discussion about photography. Membership is free. Please bring your camera and/or photographs to share with the group. More info on our Facebook page <https://www.facebook.com/hcpromphoto> or e-mail henrycountphoto@gmail.com.

BIKE CLUB

Our bike club is open to participants of all ages and skill levels. Weekly rides and monthly meetings vary, see website at www.henrycountybikeclub.com for more details. Like them on Facebook to find out more.

Time/Days: Varies
Location: Varies
Cost: \$10 Individual Membership or
\$15 Family Membership

BLUE RIDGE SKI AND OUTING CLUB

The BRSOC meets monthly to promote getting active in the outdoors. Members enjoy a wide variety of activities together including hiking, canoeing, kayaking, biking, traveling, wake boarding, picnicking, bowling, snow skiing and snowboarding. Call Bren Burke, Public Relations Director at 434.251.8984 for information or visit their website at www.BRSOC.org. Like them on Facebook to find out more.



October 17, 2015

TRIPS / SPORTS EVENTS

HIGHLIGHTS OF ATLANTA

Join us as we travel to Atlanta, GA on Friday-Sunday, September 11-13, 2015.

Day 1: Visit the Atlantic Station for shopping, dining (on your own) and views of the Atlanta skyline.

Day 2: We will have a step-on guide show the sites such as Lenox Square, the Margaret Mitchell House, Fox Theatre, Historic neighborhoods, Jimmy Carter Presidential Library, Martin Luther King Historical site and much more.

Day 3: Take a tour of the Kennesaw Mountain National Battlefield before heading home.

Price per Person: \$499/single; \$399/double; \$389/triple; \$379/quadruple

OCEANA AIR SHOW IN VIRGINIA BEACH

Join us on Saturday-Sunday, September 19-20, 2015 as we travel to Virginia Beach, VA for the Oceana Air Show.

Day 1: Join the U.S. Navy in celebrating our nation's freedom and 100 years of powered flight with the award winning air show at the Naval Air Station Oceana.

Day 2: We will visit the Cape Henry Lighthouses at Fort Story, the oldest built lighthouse in America.

Price per Person: \$289/single; \$229/double; \$224/triple; \$219/quadruple

FALL TRAIN RIDE AND OCCOQUAN RIVER CRUISE

Join us on Saturday, October 3, 2015 as we travel by bus and train to Manassas, VA. We will arrive at the former historic train station in Manassas, VA. The 32nd Annual Manassas Fall Jubilee is a family friendly event with live music, crafts and community booths, children's rides and a pumpkin patch.

Price per person: \$139/person

AUTUMN LEAF RAMBLER

Join us as we travel to Dillwyn, VA on Saturday, October 10, 2015, and ride the Autumn Leaf Rambler on a 3 1/2 hour roundtrip train ride to New Canton, VA. This train is a historic and nostalgic journey into rural Buckingham County.

Price per person: \$99/person

FALL FOLIAGE TRAIN TO MICHIE TAVERN

Join us Sunday, October 11, 2015 as we travel by bus and train to Charlottesville, VA. We will travel from Danville to Lynchburg by bus. We will board the Amtrak train in Lynchburg for our scenic excursion. We will arrive at the former Southern Railway Station in Charlottesville, VA and then the bus will take us to Michie Tavern.

Price per person: \$99/person

HALLOWEEN AT HILLBILLY HIDE-A-WAY

Join us Saturday, October 31, 2015 as we travel to Hillbilly Hide-A-Way in Walnut Cove, NC to enjoy a Hillbilly Halloween Celebration. You will feast on an all you can eat family style meal consisting of: fried chicken, meatloaf, country ham, pinto beans, potatoes, green beans, corn, slaw, and baked apples.

Price per person: \$69/person

AMERICAN MUSIC JUBILEE CHRISTMAS SHOW

Join us as we travel to Selma, NC on Saturday, November 7, 2015 to see the matinee of the American Jubilee Christmas Show. We will also stop at Carolina Premium Outlets where you can shop over 80 name brand outlet stores. After lunch (on your own), we attend the American Jubilee Christmas Show that offers excellent family fun and laughs. This show is filled with comedy and country music songs from the 60's to today's popular artists.

Price per person: \$89/person

CHRISTMAS AT BILTMORE ESTATES & GARDENS

Join us Sunday, November 8th, 2015 as we travel to the Biltmore Estates in Asheville, NC where we will embrace holiday hospitality on a grand scale. The Biltmore celebrates the season with lavish decorations inspired by the grandeur of the house and it's surroundings. Boasting four acres of floor space, the 250 room mansion features 34 master bedrooms, 43 bathrooms, 65 fireplaces, 3 kitchens and an indoor swimming pool.

Price per person: \$109/person

CHRISTMAS IN MAYBERRY

Join us Saturday, November 28, 2015 as we travel to Mount Airy, NC, the hometown of Andy Griffith, which served as the inspiration for the fictional town of Mayberry. You will get to see many of the sites that took place on the show "The Andy Griffith Show".

Price per person: \$69/person

CHRISTMAS AT BILLY GRAHAM LIBRARY

Join us on Friday, December 4, 2015 as we travel to Charlotte, NC for Christmas at the Billy Graham Library and to Concord Mills in Concord, NC. We will start at Concord Mills where you can shop from 200 stores and services in the 1.4 million square foot shopping mall. In the evening, you will be able to tour the museum at the Billy Graham Library.

Price per person: \$59/person

CHRISTMAS MYSTERY TRIP

Join us on Saturday, December 5, 2015 as we travel on our Christmas Mystery Trip. Are you ready? Today we will travel to someplace we have never been. Will it be north, south, east or west? Lunch and entertainment is included.

Price per person: \$79/person

50 PLUS CLUB TRAVEL

MYSTERY TRIP

Henry County Parks & Recreation will sponsor a Mystery Trip for seniors on October 1st, 2015. Pre registration is required by calling 634.4644. Payment due by September 11th.

Time/Days: Thursday, October 1, 2015
Location: ??????????????
Cost: \$137

AMERICAN MUSIC JUBILEE

Henry County Parks & Recreation will sponsor a trip to the American Music Jubilee in Selma, North Carolina. This Music Variety Show is a two hour extravaganza that will have you singing along with your favorite songs, laughing out loud, and feeling a sense of pride as they pay tribute to this great country. Motorcoach transportation, matinee performance at the American Music Jubilee and dinner at the Homestead in Roxboro, North Carolina are included. Pre-registration is required by calling 634.4644. The payment for the trip is due September 11th for the regular season show and October 12th for the Christmas show.

Time/Days: October 12th (Regular season show)
November 12th (Christmas show)
Location: American Music Jubilee
Cost: \$98.00 per person for the regular season show. \$108.00 for the Christmas Show

MYRTLE BEACH, SOUTH CAROLINA

Start celebrating the Christmas season early with a trip to Myrtle Beach, South Carolina where the average temperature in November is 69 degrees. The trip includes: roundtrip motor coach transportation, hotel accommodations and taxes for two nights, baggage handling for one bag per person, admission to the Alabama Theatre Christmas Show, admission to the Carolina Opry Christmas Show, admission to the Holiday Fanta Sea Show, two dinners, two breakfasts and free time for shopping at the outlet stores if time allows. Reservations are being accepted now by calling 634.4644.

Time/Days: Monday-Wednesday,
November 2-4, 2015
Location: Myrtle Beach, South Carolina
Cost: Double Occupancy - \$380.00 per person (two in a room)
Single Occupancy - \$484.00 for one person in the room

50 PLUS CLUB DROP-IN

DROP-IN ACTIVITIES

- Bingo** 1st & 3rd Tuesdays of each month • 1:00 p.m. (Cancelled December 15th)
- Bridge** 1st and 3rd Thursdays of each month 12:30 p.m. (Please have four people to play at your table.)
- Book Bingo** 4th Tuesday of each month • 1:30 p.m.-3:00pm
- Walking Club** 6:00am Mondays & Wednesdays (weather permitting thru September)
- Dick & Willie Walk** 8:15am Mondays & Wednesdays (Weather permitting except holidays. Time will change to 9:15am on 10/5/2015)

Activities are held at the Henry County Admin. Building in Room #1 (right side room next to the main boardroom.) The Walking Club meets at Jack Dalton Park located off Kings Mountain Road. Book Bingo meets at the Collinsville Branch Library. The Dick & Willie Walk starts at the Liberty Street Trailhead.

DROP-IN HEALTH SCREENINGS

The drop-in health screenings are free and available to all adults 50 and above. These screenings are designed to promote awareness and healthier lifestyles for seniors.

GOLDEN LIVING CENTER WILL CONDUCT A FREE BLOOD PRESSURE SCREENING:

Time/Days: September 15, October 20, and November 17
from 12:30pm to 1:00pm
Location: Henry County Admin. Bldg., Rm#1

PRIVACARE WILL CONDUCT A FREE BLOOD SUGAR SCREENING:

Time/Days: September 8, October 13, November 10, and December 8
from 8:00am to 9:00am
Location: Henry County Admin. Bldg., Rm #1

SENIOR TRANSPORTATION

Henry County Parks and Recreation provides transportation services to senior citizens, particularly those who reside in rural areas, that are residents of Henry County and are sixty years of age and older. Preference is given to elderly, transportation disadvantaged and disabled. Contributions are accepted. For a ride, call 634.4644.

Regular Transportation Schedule
Monday – Tuesday – Senior Nutrition Sites
Monday – Thursday - Demand Response

SENIOR NUTRITION SITES

Join us for entertainment, socializing and a good hot lunch. This program is for seniors sixty years of age and older and all income levels. Come join the fun, food and fellowship. If you are interested in attending, please call 634.4644.

Time/Days: Mondays, 11:00am – 1:00pm
Location: Moral Hill Missionary Baptist Church in the fellowship hall
50 Moral Hill Drive, Axton, VA
Suggested donation
Cost:
Time/Days: Tuesdays, 11:00am – 1:00pm
Location: EMI Building
3289 Riverside Drive, Bassett, VA
Cost: Suggested donation

"SENIOR LINK"...CONNECTING SENIORS THROUGH FELLOWSHIP, FITNESS & FUN!

This publication contains the most recent up to date information regarding senior citizen activities and programs available to seniors in the Henry County area. The newsletter is available to any senior adult interested in being placed on the email or mailing list by calling Lois at 634.4644.

BREAKFAST CLUB

The Breakfast Club is open to all adults age 50 and above. The Breakfast Club is designed to be a fun and socially interactive way to meet people and enjoy breakfast in a nice atmosphere.

Time/Days: 4th Tuesday of each month, 8:30am
Location: September 22 Clarence's Steak & Seafood
6636 Greensboro Road
Ridgeway, VA
Skip's Restaurant
900 Starling Avenue
Martinsville, VA
November 24 Sirloin House
530 Commonwealth Blvd.
Martinsville, VA
December 22 Fieldale Café
63 Marshall Way
Fieldale, VA
Cost: Individual is responsible for cost of breakfast

BURLAP MESH FALL THEMED WREATH

Burlap is in! Looking for that natural look with a bit of flare? Then, bring an expression of Autumn to your front door by joining us for a Burlap Mesh Fall Themed Wreath making class that will be sure to please. Colors of orange, yellow, and brown mixed with some whimsical fall creatures and accents will finish off this hand-made beauty created especially by you! Cost is \$30.00. All materials will be provided. Pre-registration and payment is required by September 11, 2015 in order to insure that all supplies can be obtained by the date of the class. You may register with the Virginia Cooperative Extension Office in person or call 634.4650 and forward payment to: HCM-VCE, PO Box 7, Collinsville, VA 24078.

Time/Days: Wednesday, September 23rd
10:00am
Location: Henry County Administration Bldg. Rm #2
3300 Kings Mountain Road
Martinsville, VA
Cost: \$30

OUT-TO-LUNCH BUNCH

The Out-To-Lunch Bunch is open to all adults age 50 and above. Join us at a local restaurant for lunch. Everyone is welcome.

Time/Days: 3rd Tuesday of each month • 1:00pm
Location: September 15 Skip's Restaurant
900 Starling Ave., Martinsville, VA
October 20 Clarence's Steak & Seafood
6636 Greensboro Rd., Ridgeway, VA
November 17 Third Bay Café
1163 Spruce Street, Martinsville, VA
December 15 Dutch Inn
2360 Virginia Avenue, Collinsville, VA
Cost: Individual is responsible for cost of lunch

SENIOR FALL BOWLING

The Senior Fall Bowling League is open to all adults age 50 and above. The senior bowling league is designed to be fun and allow for seniors to get some exercise. Beginners as well as experienced bowlers are welcome. Pre-registration is required to bowl. Names will be taken on a first-come, first-serve basis. For additional information or to pre-register, please call 632.6060. Registration ends September 2, 2015 or when teams are filled.

Time/Days: Wednesdays, beginning September 9th
Practice begins at 9:05am
Location: Sportlanes
10 Koehler Road, Martinsville, VA
Cost: \$5.00 initial registration fee and \$5.00 per week for three games, including bowling ball and shoes. The \$5.00 fee must be paid whether you bowl on league day, pre-bowl or are absent.

FIRST FRIDAY AT THE LANES - SENIOR SOCIAL

Sportlanes is the place to be on the first Friday of each month. Join us for First Fridays at the Lanes. Sportlanes in conjunction with Henry County Parks & Recreation will sponsor a Senior Social with each game of bowling costing only \$1.00 with coffee and refreshments provided free. Come on out and socialize, bowl and just have a good time.

Time/Days: October 2, November 6, and December 4
9:00am - 11:00am
Location: Sportlanes
10 Koehler Road, Martinsville, VA
Cost: \$1.00 per game

FUNDAMENTALS OF BOWLING

Sportlanes and Henry County Parks & Recreation will be hosting a class designed to teach individuals fifty years of age and older the fundamentals of bowling. Learn the basics of bowling in just a few short weeks. The class will teach you how to properly hold the bowling ball, how to roll the bowling ball, using proper stance, and utilizing the computer for scoring. Beginners and experienced bowlers are welcome to attend. Pre-registration is required by calling 634.4644. Space is limited so please sign up early.

Time/Days: Tuesday of each week for five weeks,
beginning October 6, 2015
1:00pm - 2:00pm
Location: Sportlanes
10 Koehler Rd., Martinsville, VA
Cost: \$20 for five weeks

SENIOR BOWLING APPRECIATION DAY

Henry County Parks & Recreation and Sportlanes are proudly sponsoring Senior Bowling APPRECIATION DAY. Senior bowling is a great way for people to get active, get healthy and have fun. We appreciate those seniors who are bowling on the senior leagues and would like to encourage additional senior participation in the leagues. Bowling could play a part in promoting a healthier lifestyle for you. We invite anyone fifty years of age and older to bowl with us for free on Friday, September 4 at Sportlanes from 9:00 am to 11 am. We will have information available about the upcoming senior leagues. Bring a friend and join us for some fun.

Time/Days: Friday, September 4 • 9:00am - 11:00am
Location: Sportlanes
10 Koehler Road, Martinsville, VA
Cost: Free for individuals 50 years of age and older

BRIDGE CLUB

The Bridge Club is open to all adults age 50 and above. Bridge is designed to be a fun and socially interactive way for seniors to enjoy playing cards. Those beginners who know how to play as well as experienced Bridge players are welcome. For additional information, please call 634.4644. (To ensure no one goes away without playing, please plan ahead to have four people play at your table.)

Time/Days: 1st & 3rd Thursdays of each month • 12:30pm
Location: Henry County Administration Bldg., Rm #1
Cost: Donation

BOOK BINGO

Henry County Parks & Recreation and the Collinsville Branch Library will sponsor Book Bingo for adults 50 years of age and older. If you are interested in learning about great books, winning prizes and light refreshments, this is the activity for you. For additional information please call 634.4644.

Time/Days: September 22, October 27, November 24
and December 22nd
1:30pm - 3:00pm
Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA
Cost: Free/Donations of books accepted

MOVIE DAY

Join Henry County Parks & Recreation for an afternoon at the movies. The movies that play in our area may change from week to week and that change generally occurs on Friday. We will announce the movie we plan to attend the week before we plan to go. Give us a call at 634.4644 to check on the movie we plan to see and for additional details. If you choose to provide us with an e-mail address, we will be happy to send the information to you.

Time/Days: Time to be determined
Location: Varies
Cost: To be announced

HEALTH CARE SCREENINGS & INFORMATION

Martinsville Urgent Care will be available every 4th Thursday of each month to provide free health screenings and health care information to individuals 50 years of age & older. A member of their staff will be available to check your blood pressure and conduct a random blood sugar test. Blue Ridge Village will be available to discuss alternative health care needs and Mountain Valley Hospice & Palliative Care will conduct an individual oxygen saturation test. You may want to call the office the day before the screening to confirm the provider you are interested in will be on-site. Last minute changes sometimes occur. For additional information, please call Henry County Parks & Recreation at 634.4644.

Time/Day: September 24 and October 22
9:00am - 11:00am
Location: Lobby of the Henry County Admin. Building
Cost: Free

CAPTAIN'S CHOICE GOLF TOURNAMENT AT HERITAGE GOLF CLUB

Henry County Parks & Recreation will sponsor a Captain's Choice Golf Tournament for Seniors at Heritage Golf Club. Trophies will be awarded and refreshments will be served. Pre-registration is required. For additional information regarding pre-registration, please call 634.4644.

Time/Day: Monday, October 5, 2015 • 9:00am
Location: Heritage Golf Club
Cost: \$20 entry fee for non-members
\$15 entry fee for members



50 PLUS CLUB

SENIOR LADIES SAFETY & FIREARMS CLASS

The Henry County Sheriff's Office in cooperation with the Henry County Parks & Recreation Department will sponsor a safety and firearms class for ladies fifty years of age and older. Information will be provided on gun safety and ladies will have an opportunity to shoot at the range. You are required to furnish your own firearm, bullets or blanks, and transportation to the shooting range. Pre-registration is required. For additional information or to pre-register, please call 634.4644 no later than August 28, 2015. Space is limited to twelve participants so please call early.

Time/Days: Tuesday, September 22, 2015 • 1:00pm
Rain date: September 24th
Location: Henry County Sheriff's Office
Conference room and shooting range.
The shooting range is located on Jack Dalton Road past the Jack Dalton Park and green boxes.
Cost: Free

WALKING ON THE DICK & WILLIE PASSAGE

Let's go walking on the Dick & Willie Passage. This 4.5 mile paved trail follows the path of the old Danville & Western Railway, starting on the west end of Virginia Avenue, continuing across Martinsville & Henry County and ending at Mulberry Creek. We plan to walk on Mondays and Wednesdays, weather permitting. Just remember that any increase in walking will promote good health. Seniors interested in this program will need to pre-register with Henry County Parks & Recreation Senior Services at 634.4644.

Time/Days: Mondays & Wednesdays • 8:15am
Weather permitting, except holidays
The time will change to 9:15am effective October 5th
Location: Liberty Street Trailhead of the Dick & Willie Passage
Cost: Free

SENIOR LINE DANCE

Line Dance Class is open to all adults age 50 and above. Line Dance Class is designed to be a fun way of learning new line dances and encourage social interaction with other seniors.

Time/Days: Tuesdays at 10:00am
Location: Teresa's School of Baton and Dance
50 Coffman Drive, Collinsville, VA
Cost: Weekly or monthly fee

YOGA

A Yoga class is a great way to start your morning. Join us for a Yoga class designed to give you greater relaxation, energy and joy. You must provide your own yoga mat and pre-register at 634.4644. Space is limited for this free class so please sign up early.

Time/Days: Tuesday of each week • 11:00am
Location: Stanleytown United Methodist Church
in the Fellowship Hall
24 Maplewood Avenue, Stanleytown, VA
Cost: Free

"ADVANCED BEGINNER" COMPUTER CLASS

If you already have basic computer skills and are ready to learn more, join us for an "Advanced Beginner" Computer Class at the Collinsville Branch Library. This class will teach seniors fifty years of age and older about protecting your computer from viruses and malware, backing up your data, and more. Bring your laptop for a more hands-on experience, though it isn't a requirement for this class. You must pre-register by calling 634.4644 as space is limited to eleven participants. The class will be held after the library closes, so we ask that you arrive before 5:00pm.

Time/Days: Wednesdays starting October 28th
for five weeks • 5:00pm
(No class November 25th)
Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA
Cost: Free

ART OF THE MONTH

Join us for our monthly classes with Karen Eggleston, QVC artist, at the Collinsville Branch Library on the third Monday of each month. You will make something at each class that is unique and makes a great gift. Space is limited so pre-register early. Description of each class is listed below. The cost of class noted includes supplies.

Time/Days: Mondays: class times are 3-5pm & 6-8pm.
September 21 "HALLOWEEN WINE BOTTLE"
Halloween is just around the corner! Join us and paint a clear wine bottle with a Halloween motif. This is sure to be an all-time favorite project. Class cost: \$15.00

October 19 "TURKEY EGG"
Thanksgiving is not that far away. So it's time to start thinking about your Thanksgiving decoration. Join us for this class and you will learn how to apply a silk screen print of a turkey on a Turkey Egg. Class Cost: \$15.00

November 16 "CHRISTMAS ORNAMENT"
Check this class out back by popular demand. You will start with a styrofoam egg and create your very own pine cone Christmas tree ornament. Class cost: \$16.00

Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA

GOLDEN CROSSFIT 276

Start your morning off with a senior exercise class two days a week at CrossFit 276. CrossFit 276 will be offering a senior exercise class that can help you with flexibility, strength, and cardio in a great social atmosphere. The workouts are scalable and adaptable to each client's physical ability. Please call Henry County Parks & Recreation at 634.4644 or 632.3276 if you are interested in the class, need additional information or would like to register. You may also direct questions about CrossFit at CrossFit276@gmail.com.

Time/Days: Mondays and Thursdays • 10:00am
Location: CrossFit 276
31 East Church Street
Martinsville, VA
Cost: \$3 per class

LUNCH CLUB

The Lunch Club is open to all adults age 50 and above. Join us for lunch at Hugo's in Uptown Martinsville. Come out to fellowship and make some new friends. Hugo's offers a special where Seniors can eat for \$3.99 on Wednesdays. Come out and enjoy dining in a casual atmosphere at a valued price.

Time/Days: 1st Wednesday in September & November
1:00pm
Location: Hugo's
10 East Church Street, Martinsville, VA
Cost: Individual is responsible for cost of lunch

The 50+ Club activities are designed specifically for individuals 50 years of age and older. Individuals under the age of fifty should feel free to enjoy all other age appropriate activities offered by the recreation section of our department.

SENIOR FALL GOLF TOURNAMENT

Henry County Parks & Recreation in conjunction with the Martinsville Senior Center and Beaver Hills Golf Course is slated to host a Fall Senior Golf Tournament for men and women 50 years of age and older using the Calloway Handicap scoring system. Refreshments will be served after the first nine holes and immediately following the tournament. Please contact Beaver Hills Golf Course at 632.1526 for information on qualifying for the tournament.

Time/Days: Tuesday, September 15th • 8:00am
Location: Beaver Hills Golf Course
325 Beaver Hills Club Drive, Martinsville, VA
Cost: \$10 entry fee for members
\$16 entry fee for non-members

CANDY CANE DECO MESH WREATH

Bring the jolly of Christmas to your front door this season with "eye candy" that is sure to delight! Join us in making a Candy Cane Deco Mesh Wreath finished off with a beautiful bow hand-made especially by you! Cost is \$20.00. All materials will be provided. Pre-registration and payment is required by November 3, 2015 in order to insure that all supplies can be obtained by the date of the class. You may register with the Virginia Cooperative Extension Office in person or call 634.4650 and forward payment to: HCM-VCE, PO Box 7, Collinsville, VA 24078

Time/Days: Tuesday, November 17th
10:00am
Location: Henry County Admin. Bldg. Rm. #2
3300 Kings Mtn. Rd., Martinsville, VA
Cost: \$20

ADVANCED ANDROID DEVICE CLASS - TECHNOLOGY ON THE MOVE

Do you have an Android phone or tablet? Are you familiar with Facebook, Twitter and Instagram? Join Henry County Parks & Recreation and the Virginia Cooperative Extension Office for a class on how to use Android devices. Please be sure to bring your device to class with you or let us know if you need to borrow one while in class. Questions regarding these devices are welcome. Please call Henry County Parks & Recreation at 634.4644 to register as space is limited.

Time/Days: Tuesday, October 20th
9:00am - 11:00am
Location: Henry County Admin. Bldg. Rm. #2
3300 Kings Mtn. Rd., Martinsville, VA
Cost: Free

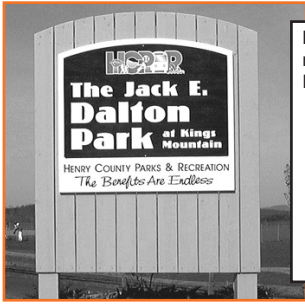
AARP DRIVER SAFETY PROGRAM

Henry County Parks & Recreation in conjunction with the AARP Driver Safety Program will sponsor an eight hour classroom refresher course on driver safety. The class will be taught over a two day period, and it is specifically designed for driver's 50 years of age and older. There is an auto insurance discount for participating in this course; however, you will need to consult your individual insurance agent or company regarding the discount. Register early by calling 634.4644 as space is limited.

Time/Days: September 14 & 15 • 12:30pm - 4:30pm
Location: Henry County Admin. Bldg. Rm #2
3300 Kings Mountain Rd., Martinsville, VA
Cost: \$15 for AARP members/\$20 non-members



THERE'S SOMETHING FOR EVERYONE AT A PARK



Located in Collinsville behind the Henry County Administration Building on Jack Dalton Road.
Facilities include:

- Lighted, Paved Walking Trail
- Beach Volleyball Court
- Picnic Shelter
- Restrooms
- Two Baseball / Softball Fields
- Open Space
- Playground
- Cooking Grills

Located in Collinsville on Parkwood Court.
Facilities include:

- 4 Lighted Tennis Courts
- Two Picnic Shelters
- Hiking Trail
- Cooking Grills
- Playgrounds
- Restrooms
- Open Space
- Wooded Areas



Located in Ridgeway on Leisure Trail.
Facilities include:

- Playground
- Two Picnic Shelters
- Open Space
- Wooded Areas
- Two Baseball / Softball Fields
- Restrooms
- Cooking Grills

Located in Fieldale on Creekside Drive.
Facilities include:

- 2 Lighted Baseball / Softball Fields
- Open Space
- Picnic Shelter
- Playground
- Restrooms
- Cooking Grills

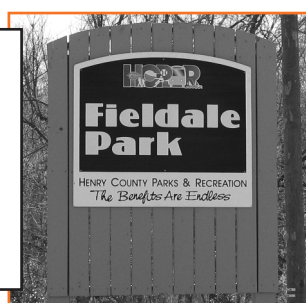


Located in Martinsville on DuPont Road.
Facilities include:

- Hiking Trails
- Picnic Areas
- Cooking Grills
- Wooded Areas
- Creeks and Streams

Located in Fieldale on Field Avenue.
Facilities include:

- Baseball / Softball Field
- Picnic Shelter
- Cooking Grills
- Restrooms
- Open Space
- Playground



Henry County Parks and Recreation operates and maintains seven parks and nineteen other recreational facilities with a total of 435 acres in the county. All of our parks have recently been renovated and offer a variety of recreation opportunities. The parks, their locations and amenities are described herein.

If your family, church or company is planning a special event, the Henry County Parks and Recreation Shelters located at our parks make great locations for gatherings. With all of the amenities we provide, we are sure you will find a park and location that is suitable for your event. Reservations may be made six months to the day in advance in our office. Reservations may also be made online. Please contact our office for a username and online password.

Rates for the shelters are:

LARGE SHELTERS

.....Full Day - \$30.00

SMALL SHELTERS

.....Full Day - \$20.00

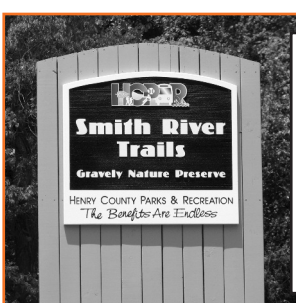
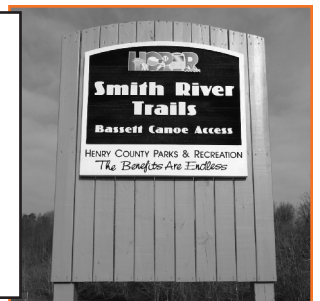


Philpott Marina is located on Philpott Lake in Bassett, VA
Facilities include:

- A 42 slip marina
- Fuel
- Store with concessions and fishing supplies
- Restrooms
- Group campground

The Smith River Trails include:

- Bassett River Access
- The Great Road River Access
- Fieldale River Access
- Doe Run River Access
- South Martinsville River Access
- Sports Complex River Access
- Marrowbone River Access
- Mitchell Bridge River Access
- Fieldale Walking Trail
- Dick and Willie Rail Trail



Located in Ridgeway on Eggleston Falls Road.
Facilities include:

- Hiking Trails
- Picnic Shelter
- Cooking Grills
- Wooded Areas
- Restrooms

YOUTH ATHLETICS

BOYS BASKETBALL

League play is offered for boys ages 8-13 as of October 1, 2015

Teams are based at each elementary and middle school.

Registration Deadline:
November 13, 2015

Practice & Game Dates:
December through March

BASKETBALL SPIRIT SQUAD

Middle School cheer program is for 6th, 7th and 8th grade girls. Participants learn the value of teamwork, sportsmanship and the importance of good character. Participants that register are placed on cheer squads for the 2015-2016 boys basketball season. Basketball cheer squads are assigned according to the number of boy's basketball teams each school has and a \$40 fee is required.

Registration begins October 1st
Registration Deadline: November 6th
Location: Middle Schools
Cost: \$40

ELEMENTARY BASKETBALL SPIRIT SQUAD

This is an Elementary School cheer program for 3rd, 4th and 5th grade girls. Participants learn the basic fundamentals of cheerleading, the value of teamwork, sportsmanship and the importance of good character. Participants that register are placed on cheer squads for the 2015-2016 basketball season. Basketball cheer squads are assigned according to the number of boy's basketball teams each school has and a \$10 fee is required.

Registration begins October 1st
Registration Deadline: November 6th
Location: Elementary Schools
Cost: \$10 registration fee
(uniforms are purchased individually)

GIRLS VOLLEYBALL

League play is offered for girls ages 11-13 as of October 1, 2015

Teams are based at each middle school.

Registration Deadline:
November 13, 2015

Practice & Game Dates:
December through February

Our department has a weather hotline number that parents and coaches can call on days when it has been raining to find out if games are still being played. Call after 4:00pm on weekdays and 9:00am on Saturdays. **634.4636**

HENRY COUNTY PARKS & RECREATION ANNOUNCES THE AVAILABILITY OF OUR ONLINE E-LEARNING HEALTHCARE COURSES FROM HEALTH ED TODAY!

These courses are highly interactive and provide students with an enriched learning experience. Each course includes:

- 24 hour a day instructor support & course mentors
- all textbooks, workbooks and student materials
- a new "Secure Student Website" – including career resources & other training
- engaging labs, student exercises and course videos
- certain programs include clinical externships!

The following courses are available anytime!

- Pharmacy Technician / Student Tuition: \$1,299
- Dental Assisting / Student Tuition: \$1,299
- Medical Coding ICD-10 / Student Tuition: \$999
- Electronic Health Records Management / Student Tuition: \$1,299
- Medical Administrative Assistant / Student Tuition: \$1,299
- Medical Terminology / Student Tuition: \$499
- Clinical Medical Assistant / Student Tuition: \$2,499
- Medical Billing & Coding / Student Tuition: \$1,399
- EKG Technician / Student Tuition: \$1,299
- Phlebotomy Technician / Student Tuition: \$1,299
- Dialysis Technician / Student Tuition: \$1,299
- ECG / EKG Course for Nurses / Student Tuition: \$699

Visit us online at <http://www.healthedtoday.com/HenryCountyVA>
to experience a Course Demo and to learn more about these exciting new programs!

For additional information, please contact Henry County Parks & Recreation at 634.4645,
email: dreynolds@co.henry.va.us – or call toll free 1-888-574-6218

VOLUNTEER YOUTH SPORTS COACHES DESERVE SPECIAL RECOGNITION

We would like to thank the following coaches for taking the time to be a volunteer youth sports coach. The time spent and your commitment are valuable to thousands of Henry County children and is appreciated by the Henry County Parks & Recreation staff.

BASEBALL/SOFTBALL

Craig Henderson
Jay Gilbert
Mike Deal
Courtney Jones
Brian Tucker
Ivan Hairston
Scott Gardner
April Damron
Brad Nunn
Tim Keister
Wayne Holland

David Moore
Grayson Barnes
Tiffany Martin
Steve Hall
Tim Gleason
Jason Wilson
Brian DeShazo
Ricky McDaniel
Lee Hughes
Doug Mosley
Alisha Neal

Thomas Adkins
Jamie Collins
Randy Craig
Randy Kendrick
David Gray
James Craiger
Mark Stegall
Madison Gauldin
Scott Gauldin
Robbie Divers

Frankie Huffman
Ray Hairston
Kenneth Smith
David Johnston
Barry Priddy
Brian Joyce
Tim Shoup
Lorrie Lowery
Dean Hennis
Stephanie Wagoner